

A.R.I.S.E.

Adaptive Recreation and Inclusion Services for Everyone

Encouraging meaningful recreation opportunities and programs for individuals with disabilities to enhance and expand social, cognitive, affective and physical abilities.

CALL FOR VOLUNTEERS!

Adaptive Recreation & Inclusion Services for Everyone is seeking volunteers ages 12 and older to assist with their “Young Athletes in Training” program. Under the direction and supervision of full-time A.R.I.S.E. staff members, volunteers would be responsible for guiding individuals ages 4-12 of varying ability levels through basic sports drills.

For more information, please email arise@auroragov.org OR call 303.326.8410.

Aquatics

ADAPTIVE INTRO TO WATER

Ages 4-10 (Over 11 inquire with staff for a needs assessment)

Participant-led water exposure in a safe, sensory-friendly and low-pressure environment. Designed for participants who are not ready for Adaptive Swim Lessons. Class ratios are one instructor to two swimmers.

77412 March 7-28 (No program March 14)*

77403 April 4-25

77416 May 2-23

- Thursday, 3:30–4 p.m.
- Thursday, 3:30-4 p.m.
- \$48 (\$38 Resident)*
- \$63 (\$50 Resident)
- Central Recreation Center



ADAPTIVE SWIM LESSONS

Ages 4-10 (Over 11 inquire with staff for a needs assessment)

Water safety and level 1 and 2 swim skills introduced and adapted for various levels of swimmers. Designed for participants with disabilities who are not ready for group lessons and with the goal to graduate into group lessons. Class ratios are two instructors to three to four participants.

77419 March 7-28 (No program March 14)*

77410 April 4-25

77422 May 2-23

• Thursday, 4-4:30 p.m.

77401 March 7-28 (No program March 14)*

77428 April 4-25

77409 May 2-23

• Thursday, 4:30-5 p.m.

77413 March 7-28 (No program March 14)*

77411 April 4-25

77431 May 2-23

• Thursday, 5-5:30 p.m.

• \$48 (\$38 Resident)*

• \$63 (\$50 Resident)

• Central Recreation Center





Arts and Culture

SENSORY SATISFACTIONS

Ages 13 and older

Satisfy your senses as you experiment with activities that involve all five senses. Express yourself through elements of messy and engaging fun.

77414 March 5-26

77405 April 2-23

- Tuesday, 10 a.m.-noon
- \$80 (\$64 Resident)
- Central Recreation Center

GARDENING GALORE

Ages 13 and older

Discover the world of plants through art, science, gardening and outdoor exploration.

77427 April 30-May 21

- Tuesday, 10 a.m.-noon
- \$80 (\$64 Resident)
- Central Recreation Center

WAKE UP WEDNESDAY

Ages 13 and older

Recharge your energy with a variety of engaging activities designed to stimulate your creativity, motivate your mind and get your body moving.

77407 March 6-27

77420 April 3-24

77426 May 1-22

- Wednesday, 10 a.m.-2 p.m.
- \$160 (\$128 Resident)
- Central Recreation Center

Excursions

Ages 13 and older

An opportunity to explore Colorado while enhancing social and independent skills. Bring a water bottle, sack lunch and snack, if desired.

- Friday, 10 a.m.-2 p.m.
- Central Recreation Center

IFLY

I can fly! Experience the thrill of skydiving in an indoor vertical wind tunnel.

77402 March 15

- \$94 (\$75 Resident)

Feathered Friends

Join a city of Aurora Naturalist and learn about the birds that call Aurora home. We will be using natural dyes to color eggs, building nests and learning about bird beaks through a fun game.

77400 March 29

- \$40 (\$32 Resident)

Bowling

Let the good times roll!

77404 April 12

- \$55 (\$44 Resident)

Nickel-A-Play

Play endless games and win points to claim fun prizes. Bring money for lunch afterward.

77423 April 19

- \$53 (\$42 Resident)

Top Golf

Par-Tee time on the driving range.

77434 May 3

- \$60 (\$48 Resident)

Archery

This introductory course will teach you the basics and history of archery, allowing you to practice your skills at the Aurora Reservoir archery range.

77424 May 17

- \$40 (\$32 Resident)



Fitness, Sports and Special Olympics



ADAPTIVE KOREAN ACADEMY OF MARTIAL ARTS SELF-DEFENSE

Ages 5 and older

Taught by Grandmaster, Ghassan Timani, alongside A.R.I.S.E. staff providing adaptations and support throughout class. The goal of this class is to ensure all students are given tools and techniques to defend themselves in all scenarios and situations, with an emphasis on endurance, perseverance, integrity, discipline and indomitable spirit. Please be prepared to assist your family member as needed.

78196 March 4-25

78197 April 1-22

78198 April 29-May 20

- Monday, 4:30-5:15 p.m.

- Southeast Recreation Center

78156 March 5-26

78200 April 2-23

78160 April 30-May 21

- Tuesday, 4-4:45 p.m.

- Central Recreation Center

- \$63 (\$50 Resident)

TOTALLY FIT TUES-NIGHTS

Ages 13 and older

Develop gross motor skills, get exercise and have fun with your friends through a variety of physical activities. Train for all components of the Adaptive Triathlon on April 27, 2024, see special events section for more information.

77418 March 5-26

77432 April 2-23

77430 April 30-May 21

- Tuesday, 4:30-6 p.m.

- \$60 (\$48 Resident)

- Central Recreation Center

SPECIAL OLYMPICS GYMNASTICS

Ages 10 and older

Adaptive techniques used to teach participants with developmental disabilities various gymnastics routines with the chance to compete at Special Olympics competition. We will work on floor, beam and level 1 bar and vault routines.

77408 April 3-May 15

- Wednesday, 4-5 p.m.

- \$44 (\$35 Resident)

- Meadowood Recreation Center

SPECIAL OLYMPICS UNIFIED RED SHIRT ROOKIES

Ages 3 and older

Opportunity for home-schooled, partially schooled and adults to socialize, gain exposure and experience a variety of sports. Staff and coaches provide full assistance with a 1:2 or 1:3 ratio to ensure successful participation throughout the session. Caregivers need to stay on site to provide any personal care assistance.

78164 Feb. 22-March 14 (Bocce/Curling)

78165 April 4-25 (Soccer)

78166 May 2-23 (Lacrosse)

- Thursday, 12:45-2 p.m.

- \$38 (\$30 Resident)

- Southeast Recreation Center



SPECIAL OLYMPICS SOCCER

Adaptive techniques used to teach participants with developmental disabilities soccer skills. Athletes will have the opportunity to compete in individual skills or team competitions at Denver's regional competition. Athletes will need a current medical report and application on file with Special Olympics.

Ages 4 and older

78543 March 23-May 11*

Ages 18 and older

77417 March 23-May 11**

- Saturday, 9:30-10:30 a.m.

- \$31 (\$25 Resident)

- Soccer Skills Area: 20101 E. Hampden Avenue

*Skill Building: For athletes who want to build on skills, need extra support or to gain experience in a team sport

** Competitive Play: Goal to play in a team setting

YOUNG ATHLETES IN TRAINING POOL FUN AND GAMES

Ages 4-15

Introduce and improve FUNdamental athletic and sport skills. Gain exposure to and experience swim skills and games.

77421 March 30-May 11*

- Saturday, 11:15 a.m.-noon

- \$60 (\$48 Resident)

- Central Recreation Center

*No program April 27

Special Events

FAB FRIDAYS

Ages 13 and older

Opportunity to socialize, play games and enjoy dinner with new and old friends!

St. Patrick's Day Party

77415 March 8

- Friday, 4:30-7 p.m.
- \$31 (\$25 Resident)
- Central Recreation Center

Game Night

77433 May 10

- Friday, 4:30-7 p.m.
- \$31 (\$25 Resident)
- Central Recreation Center

SENSORY FRIENDLY FAMILY EVENT

Ages 3-17

Opportunity to engage in free play, socialize in a safe welcoming environment and build community connections. An A.R.I.S.E. team member will be available to address inquiries and offer equipment assistance. Parent/guardian oversight and assistance required.

Gymnasium

Variety of gym equipment and stations will be available, volleyball, exercise balls, basketball and more.

79036 March 10

- Sunday, 10:30 a.m.-noon
- \$13 (\$10 Resident) per family
- Southeast Recreation Center

*Sign up through A.R.I.S.E. participant's account

CONVERSATIONS WITH APD POLICE OFFICERS

Ages 10 and older

Explore real-life scenarios and practice appropriate interactions with law enforcement. Opportunity to converse with, ask questions and build relationships with Aurora police officers. Family members are highly encouraged to stay and participate, no additional registration needed.

79009 April 17

- Wednesday, 4:30-6 p.m.
- \$19 (\$15 Resident)
- Central Recreation Center

ADAPTIVE TRIATHLON

Ages 12 and older

Opportunity to compete against YOU! Develop and enhance independence, confidence and fitness. Train with the A.R.I.S.E. team through Totally Fit Tuesdays or set up 1:1 sessions to work towards your personal best. Sign up individually or split the disciplines with a partner. Participants will receive a packet upon registration.

Water Walk/Swim-15 mins

Stationary Hand/Spin Bike-20 mins

Walk/Run/Roll-25 mins

(followed by lunch and awards)

77425 April 27

- Saturday, 10 a.m.-1 p.m.
- \$36 (\$30 Resident)
- Central Recreation Center

INCLUSION SERVICES

Available to provide assistance to all ages of individuals with or without disabilities to participate in recreation programs together. An assessment can be completed to determine what program modifications and/or inclusion aide services are needed.

FUNDING ASSISTANCE

The city of Aurora can reduce fees for residents on limited incomes. Call any recreation center on page three for eligibility and an application.

Developmental Pathways scholarship funding is available for active members, except towards swim lessons.

For more information, please email

arise@auroragov.org or call

303.326.8410/720.859.4984.

You can see all classes at **AuroraGov.org/ARISE**

